Health and hygiene tips

We have been closely monitoring the Coronavirus ("COVID-19") situation and are following the latest advise from health authorities about how to minimise the risk of acquiring or spreading the virus. The following simple steps will help to protect you and those around you.

Clean your hands often

Wash your hands with soap and water for at least 20 seconds especially after you have been in a public place, after blowing your nose, coughing or sneezing.

Use alcohol-based sanitiser

If soap and water are not readily available, use a hand sanitiser that contains at least 60% alcohol. Cover the surfaces of your hands and rub them together until they feel dry.
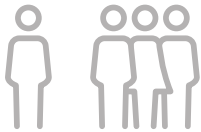
Avoid close contact

Avoid close contact with people who are sick or show the early signs of being unwell.

Cover coughs and sneezes

Cover your mouth and nose with a tissue when you cough and sneeze, or use the inside of your elbow.

Seek medical attention if you're sick

If you feel unwell, have a fever, cough or any difficulties breathing please seek immediate medical attention.

Stay abreast of changing conditions and stay informed

For the latest information on COVID-19 please visit www.who.int and www.health.gov.au

If you are feeling unwell, immediately contact your doctor or seek advice from a hospital. Medical authorities warn that the following symptoms could indicate COVID-19 infection: fever; breathing difficulties such as breathlessness; cough; sore throat; fatigue or tiredness.

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